

Chapter V — FLIGHT FEEDING

A. STANDARDS AND MONETARY ALLOWANCES

1. **Standards.** Meals authorized by the Services for flight feeding (depending on duration of flight, mission, and food preparation equipment aboard) will be the:

a. **Food Packet, In-Flight, Individual (IFP).** Designed primarily as a combat or operational type flight meal. However, it is used by air crews and passengers as a second meal on flights of long duration. It comes in ten different menus.

(1) Each packet contains a **complete** meal, averaging 1200 calories. Under normal circumstances the packet is supplemented with beverages, such as milk and fruit juice. The IFP designed to be eaten cold can be enhanced by heating meat and certain **dessert** components.

(2) The storage life on the IFP is approximately 3 years, subject to periodical inspection,

b. **Sandwich Meal (Box Meal, Box Lunch, or Bag Lunch).** Used for breakfast, lunch, and dinner and provides a variety of food items in addition to **sandwiches**. This meal requires no installed aircraft equipment, except a hot cup for heating soups. It **must** be consumed within a limited time (usually 5 hours) depending on the storage or room temperature after issue.

(1) When stored at less than 40 degrees F sandwich meals may be held for more than 5 hours after issue, but not more than 24 hours after preparation. It may be prepared by flight kitchens in large quantities, by installation kitchens in small quantities, and aloft.

(2) Normally sandwich meals are used for flights requiring one meal or for the first meal on long flights. The sandwich meal is complete and requires no supplement.

c. **Meal, Flight, Cooked, Frozen (MFCF).** Designed to provide highly acceptable hot meals to crew members and passengers on both administrative and operational flights of long duration (more than one meal aloft) aboard transport type aircraft.

(1) This meal consists of commercially processed main courses for breakfast, lunch or dinner. The types and number of meals available are determined by acceptability and requirements. The

MFCF is packed in an aluminum disposable tray, covered with a sheet of aluminum. The MFCF is not a complete meal and must be supplemented with juice or soup, relishes or **salad**, bread, butter, dessert, and beverage.

(2) Maximum storage life is 6 months at a temperature of 0 degrees F or lower, subject to periodical inspection.

d. **Bulk Subsistence Items for Preparation Aloft.** Prepared and served during flight when equipment aboard the aircraft is adequate and qualified personnel are assigned. This type feeding may also be used for air evacuation of patients. Any foods listed in Federal Supply Catalog C8900SL, "Subsistence," may be used. The aircraft must be equipped with a sectional type galley or suitable substitute which contains both refrigerated and dry storage space. Normally, quickly and easily prepared items are used, such as but not limited to soups, sandwiches, beverages, breakfast meats, grilled meats, and eggs. No supplement is required for these items.

e. **Bite-Size Meal.** Authorized **when** the serving of any other type meal is not practical because crew members are wearing oxygen masks. The **components** are bite-size to facilitate "consuming quickly while the mask is momentarily lifted. The food **items** must not be sticky, crumbly, or greasy and normally consist of milk or juice, cubes of cooked meat, cookies, candy, nuts, gum, fruit pieces, relishes, and coffee **or** tea. Special preparation, packaging, and storage instructions are required for the **bite-size** meal.

f. **Lower Caloric Meal.** Provided as a highly nutritious lower caloric meal for those members of the crew and/or passengers needing to maintain **or** lower their body weight.

g. **High Protein - Low Residue Meal.** Authorized for preflight of jet aircraft crews embarking on flights of 6 hours or more when the flight entails the use of pressure suits, space restrictions, or lack of equipment and/or the capability for the in-flight meal preparation or disposal of body waste. It may also be used for post-flight feeding when the flight is resumed within 24 hours.

h. **Snack Meal.** Authorized for use on short flights not requiring full meal service, or on long flights in addition to a meal. (Snack meals will be sold

to all crew members or passengers who desire them. They may not be issued in lieu of a regular flight meal.) Snack menus or items may consist of any food authorized for flight feeding.

i. *Meal, Combat, Individual (MCI)*. Authorized for use during flights on which other types of flight meals are not available. Normally this meal will be supplemented with fruit or juice and milk. Designed primarily for use in tactical and combat situations, it can be consumed very satisfactorily during flight. The MCI is nutritionally balanced, contains approximately 1200 calories, and comes in 12 different menus. The meat item, fruits, and desserts can be eaten cold. Hot water is required for coffee or cocoa, unless bulk coffee is supplied separately.

j. *Cooked Therapeutic In-Flight Meal (CTIM)*. Designed to provide hot meals to therapeutic diet patients being moved through the aeromedical evacuation (A/E) system. The diet order for the individual patient may be any one or approximately 131 modifications of 12 basic therapeutic diets. The patient's physical condition dictates the specific diet he must follow during flight. Five CTIM menus, outlining the meal components to be used, have been designed to preclude repetition of the same menu as the patient moves through the A/E system. These menus consist of one breakfast meal and four lunch/dinner meals. The CTIM are to be furnished by the medical facility.

k. *Bulk Liquid Coffee*. Authorized for use with sugar and cream during flights when meals are neither consumed nor required and it is sold to all personnel at actual ingredient cost.

2. *Special Food Allowance*. The following monetary allowances for each special type flight meal and/or meal supplement listed below will be used as a

basis for crediting the local food service subsistence monetary account of the respective military services:

a. Food Packet, In-Flight - Limited to the value of the packet, plus the value of the supplement. (The value of the supplement is limited to 10 percent of the value of the basic daily food allowance (BDFA). Instructions governing the BDFA are prescribed by DoD Directive 133S.10.

b. Sandwich Meal - Limited to 65 percent of the value of the BDFA.

c. Meal, Flight, Cooked, Frozen - Limited to The cost of the meal used, plus the cost of the supplements used. (The cost of the supplements is limited to 20 percent of the value of the BDFA).

d. Bulk Issue for Preparation Aloft - The Resulting meal is limited to 65 percent of the value of the BDFA.

e. Bite-Size Meal - Limited to 75 percent of the value of the BDFA.

f. Lower Calorie Meal - Limited to 40 percent of the value of the BDFA

g. High Protein - Low Residue Meal - Limited to 65 percent of the value of the BDFA.

h. Snack Meal - Limited to 30 percent of the value of the BDFA.

i. Meal, Combat, Individual - Limited to The value of the meal, plus the value of the supplement. (The value of the supplement is limited to 20 percent of the BDFA.)

j. Cooked Therapeutic In-Flight Meal(s) - Limited to 80 percent of the value of the BDFA.

3. *Reimbursement from Authorized Personnel for Flight Meals* - Flight meals furnished to personnel not authorized meals at Government expense will be sold at the rates prescribed in Appendix A.